

Silver Medal Treadmill

Assembly & User's Instruction- Please Keep for future reference

335/9057

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Important – Please read these instructions fully before assembly or using

These instructions contain important information which will help you get the best from your equipment and ensure safe and correct assembly, use and maintenance.

If you need help or have damaged or missing parts, call the **Customer Helpline: 0845 600 0464**

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Before you begin



Congratulations for selecting the 3359057 Treadmill from Roger Black. Whether you are an accomplished athlete seeking to maintain peak performance or a beginner realizing the benefits of exercise for the first time, the 3359057 Treadmill will help you to achieve your goals.

In the meantime, remember that the benefits of exercise are many and varied including higher energy levels, reduced stress, greater cardiovascular efficiency, higher metabolic rate, and improved body posture.

hold the handle grip to carry the treadmill from the carton, you should follow the assembly instructions.

- Do not under any circumstance turn the machine on its side unless in the folded up position. Failure to following this instruction could lead to serious injury from base frame being sprung open with considerable force.
- When you open the carton, please **DO NOT**

All Roger Black products are manufactured to the highest specifications and this instruction manual should enable you to assemble the 3359057 Treadmill and commence your workout program. If, however, you have any additional questions, please call our UK **Customer Service: 0845 600 0464**. To help us assist you, please quote the product model number and serial number when calling. The model number is 3359057. The serial number can be found on a sticker attached to the rear of main treadmill body (located on the right hand side of the treadmill base next to the mains power cord inlet).

General Safety Information

Precautions

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
2. Use the treadmill only as described in this manual.
3. Place on a level surface, with 1.0 m of clearance behind it. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
4. When choosing a location for the treadmill make sure that the location and position permit access to a plug.
5. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage, outbuilding, covered patio, or near water.
6. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
7. Keep children under the age of 12 and pets away from the treadmill at all times.
8. The treadmill should not be used by persons weighing more than 100kgs.
9. Never allow more than one person on the treadmill at a time.
10. Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.
11. When connecting the power cord, plug the power cord into a grounded circuit. When replacing the fuse, an ASTA approved BS 1362 type should be fitted to the fuse carrier, A13 amp fuse should be used, no other appliance should be on the same circuit.
12. Keep the power cord away from any heated surface.
13. Never move the running belt while the power is turned on. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly.
14. Never start the treadmill when you are standing on the walking belt. Stand on the side rails, hold the handrails, start with low speed and then step on the unit. When comfortable increase the speed to one that you are comfortable with.
15. The treadmill is capable of high speed. Adjust the speed in small increments to avoid sudden jumps in speed.
16. The pulse sensor is not a medical device, various factors, including the user's movement, may affect the accuracy of the heart rate readings. The pulse sensor is intended only as exercise aid in determining heart rate trends in general.
17. Never leave the treadmill unattended while it is running. Always remove the safety key when the treadmill is not in use.
18. Always examine your treadmill before using to ensure all parts are in working order.
19. Never insert any object or body parts into any opening.
20. Inspect and tighten all parts of the treadmill regularly. (see maintenance page)
21. Always unplug the treadmill before cleaning and/or servicing. Service to your treadmill should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer. Failure to follow these instructions will void the treadmill warranty.
22. This appliance is not intended for use by person (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision and instruction concerning use of the appliance by person responsible for their safety.



Safety Information

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Important – Please read fully before assembly or using

To reduce the risk of serious injury, read the entire manual before you assemble or operate the Roger Black Silver Treadmill, in particular, note the following safety precautions.

Assembly

- Check whether you have all the components and tools listed on pages 5 and 6, bearing in mind that, for ease of assembly, some components are pre-assembled.
- Keep children and animals away from the work area, small parts could cause choke if swallowed.
- Make sure you have enough space to layout the parts before starting.
- Assemble the item as close to its final position (in the same room) as possible.
- Position the equipment on a clear, level surface.
- Dispose of all packaging carefully and responsibly.

Using

- It is the responsibility of the owner to ensure that all users of this product are properly informed as how to use this product safely.
- This product is intended for domestic use only. **Do not** use in any commercial, rental, or institutional setting.
- Before using the equipment to exercise, always do stretching exercises to properly warm up.

- If the user experiences dizziness, nausea, chest pain, or other abnormal symptoms **stop the workout and seek immediate medical attention.**

- Only one person at a time should use the equipment.
- Keep hands away from all moving parts.
- Always wear appropriate workout clothing when exercising. **Do not** wear loose or baggy clothing, since it may get caught in the equipment. Wear athletic shoes to protect your feet while exercising.
- **Do not** place any sharp objects around the equipment.
- Disabled persons should not use the equipment without a qualified person or doctor in attendance.
- This product is suitable for user's weight of: **100kgs.**
- This product conforms to: (BS EN957)
- PARTS 1.6 class (H) - Home Use - Class (C).
- This exercise product has been designed and manufactured to comply with the latest (BS EN 957) British and European Safety Standards.



Warning: Before beginning any exercise program, consult your Doctor. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

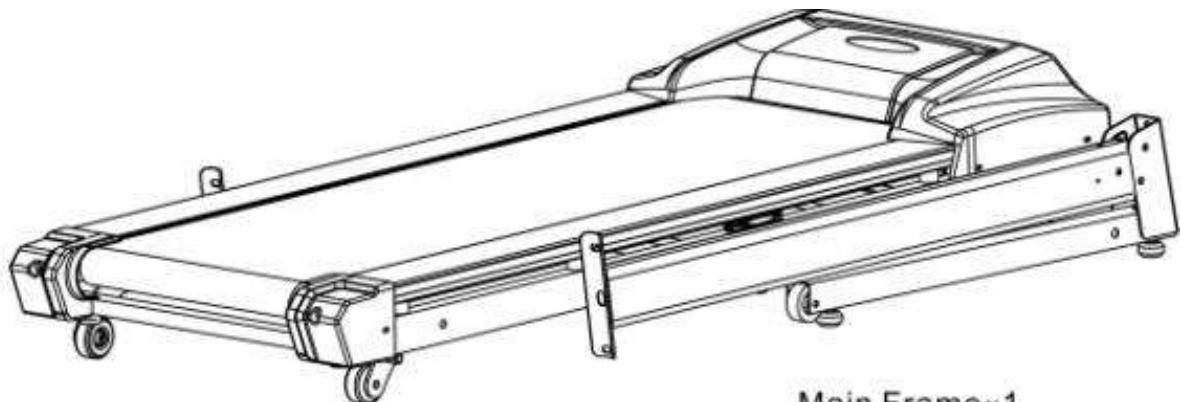
You must read all instructions before using any fitness equipment. Argos and its associates assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

Components - Parts

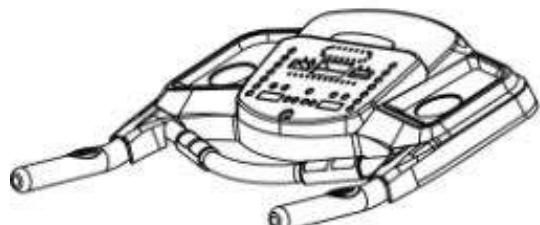
If you have damaged or missing parts, please call the **Customer Helpline: 0845 6000 464**.

Please check you have all parts listing below

Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Argos regarding any missing components.



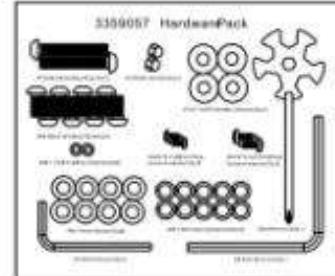
Main Frame x1



Console x1



20 Left Plastic Cover x1



Hardware Pack x1



21 Right Plastic Cover x1



64 Safety Key x1

Components - Fixings

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Please check you have all parts listing below

Note: Some of the fixings are pre-fitted to the larger components. Please check carefully before contacting Argos regarding any missing fixings.

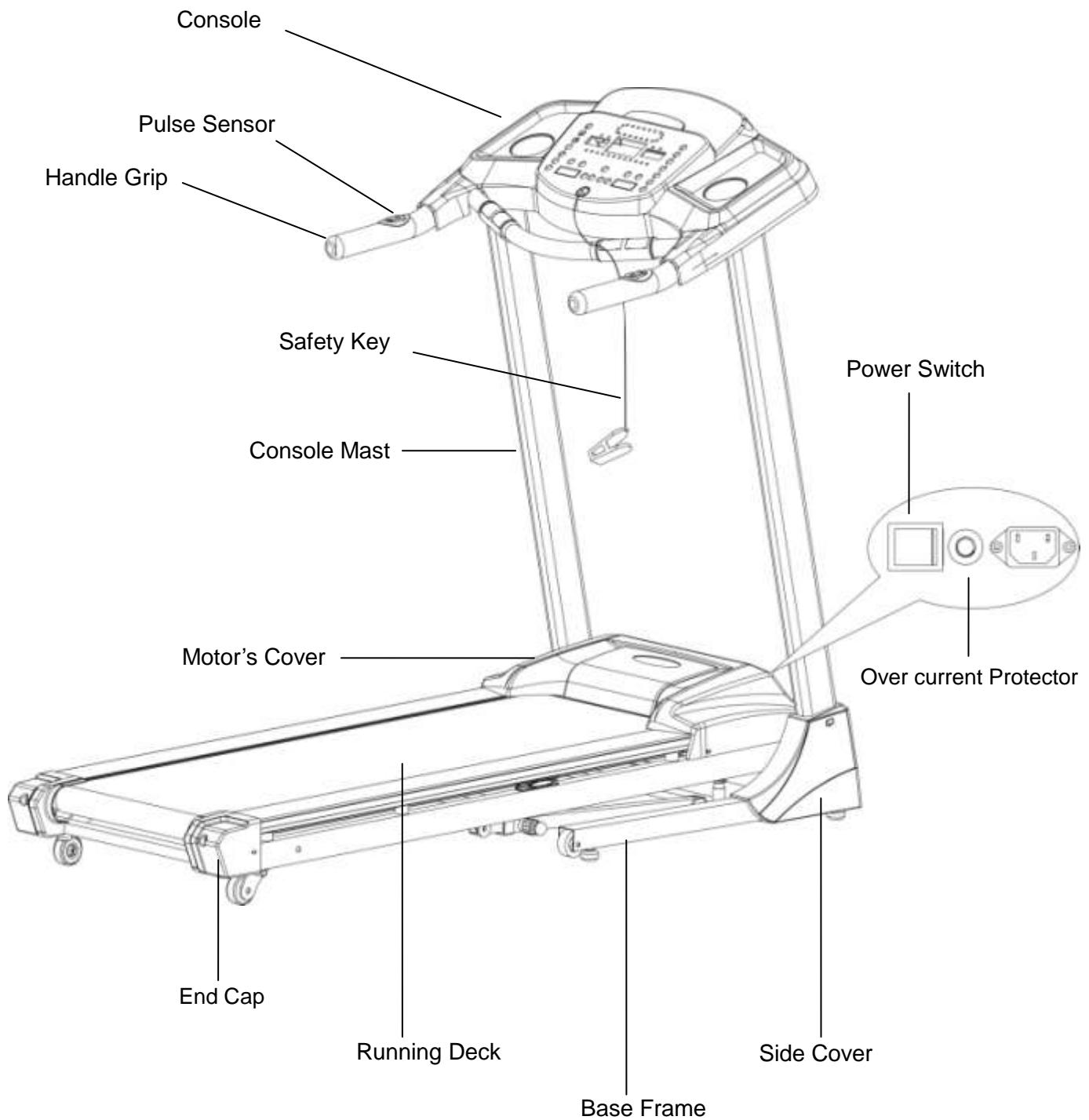
45  12mm Philip Screw/washer x2	48  12mm Philip Screw/washer x2	75  60mm Allen Bolt x 2
80  16mm Allen Bolt x 8	90  8mm Washer x 8	96  1mm Washer x 2
98  8mm Spring Washer x 10	103  8mm Arc Washer x 4	105  8mm Cap Nut x 2
 MultiWrench x 1	 5# Allen Wrench x 1	 6# Allen Wrench x 1

Ruler - Use this ruler to help correctly identify the hardware



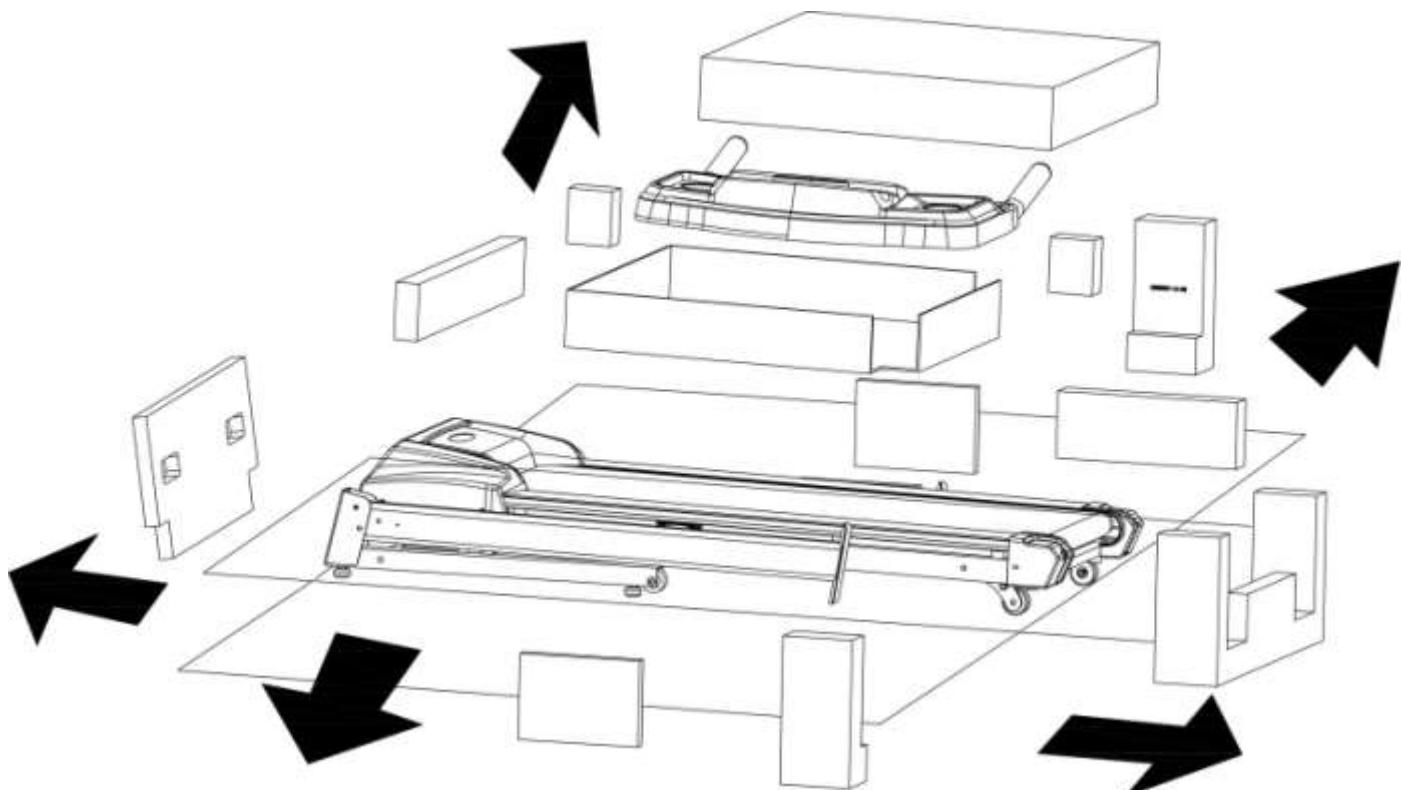
Before Assembly

Overview Drawing



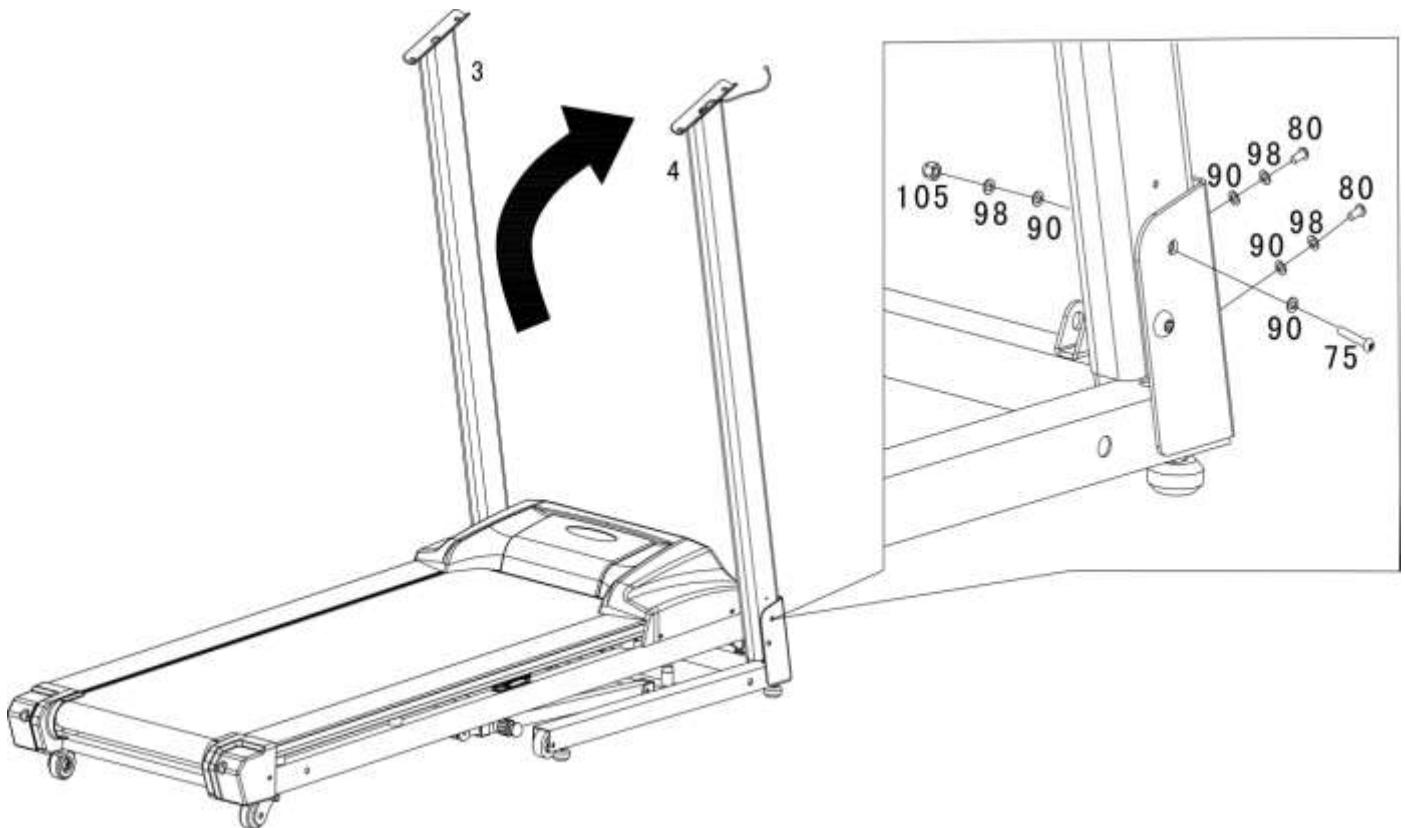
Open Carton

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Open the package and lay down the treadmill, check that all the component parts and fixings that are listed on pages 5 and 6 are supplied before starting the assembly.

Assembly Instructions

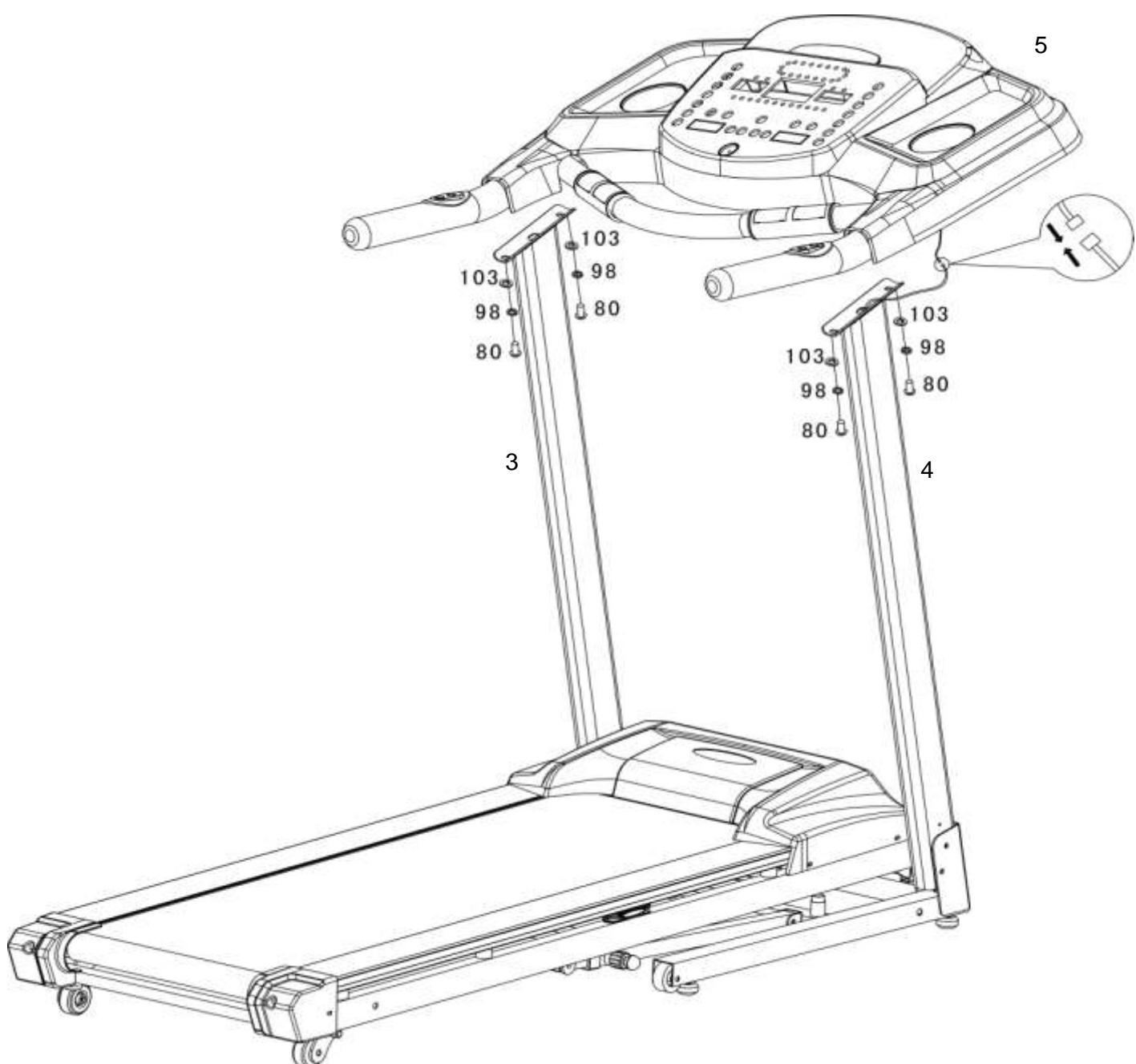


Step 1

- a.** Unfold the Left Console Mast (3), secure with 1 x 60mm Allen Bolt (75), 2 x 8mm Washers (90), 1 x 8mm Spring Washer (98) and 1 x Cap Nut (105).
- b.** Secure the Left Console Mast (3) from the back, using 2 x 16mm Allen Bolts (80), 2 x 8mm Spring Washer (98) and 2 x 8mm Washers (90).
- c.** Repeat **a** and **b** to install Right Console Mast (4).

Assembly Instructions

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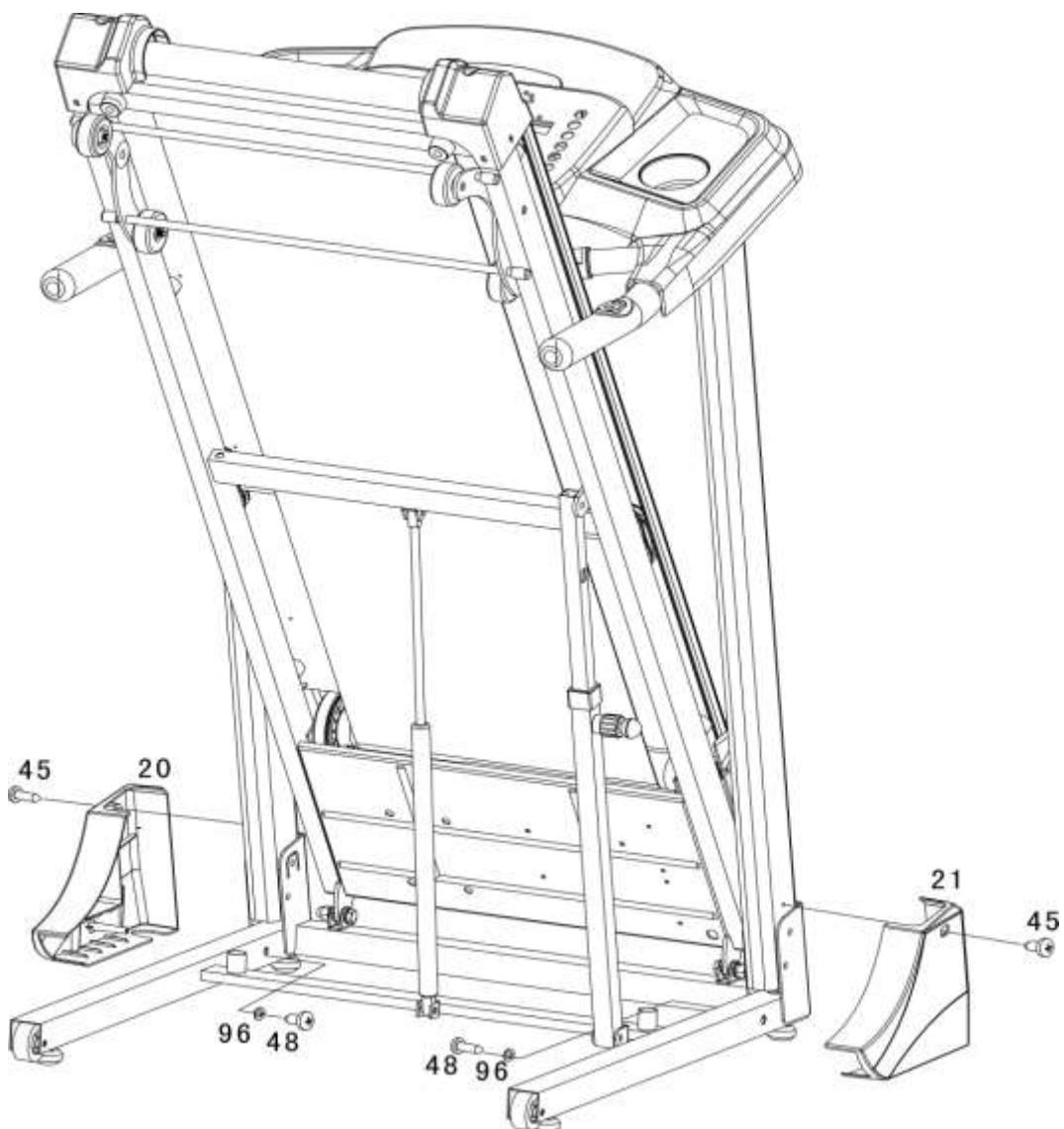
Step 2

a. Connect Main Sensor Wire which was pre fitted inside of the Right Console Mast (4) to the Main Sensor Wire from the Console. Please put the connected wire into the Console Mast.

Note: Please make sure the pins of connector are straight.

b. Place the Console Support Frame (5) onto the top of the two Console Mast (3 & 4), secure each of them with 2 x 16mm Allen Bolts (80), 2 x 8mm Spring Washer (98) and 2 x 8mm Arc Washers (103).

Assembly Instructions

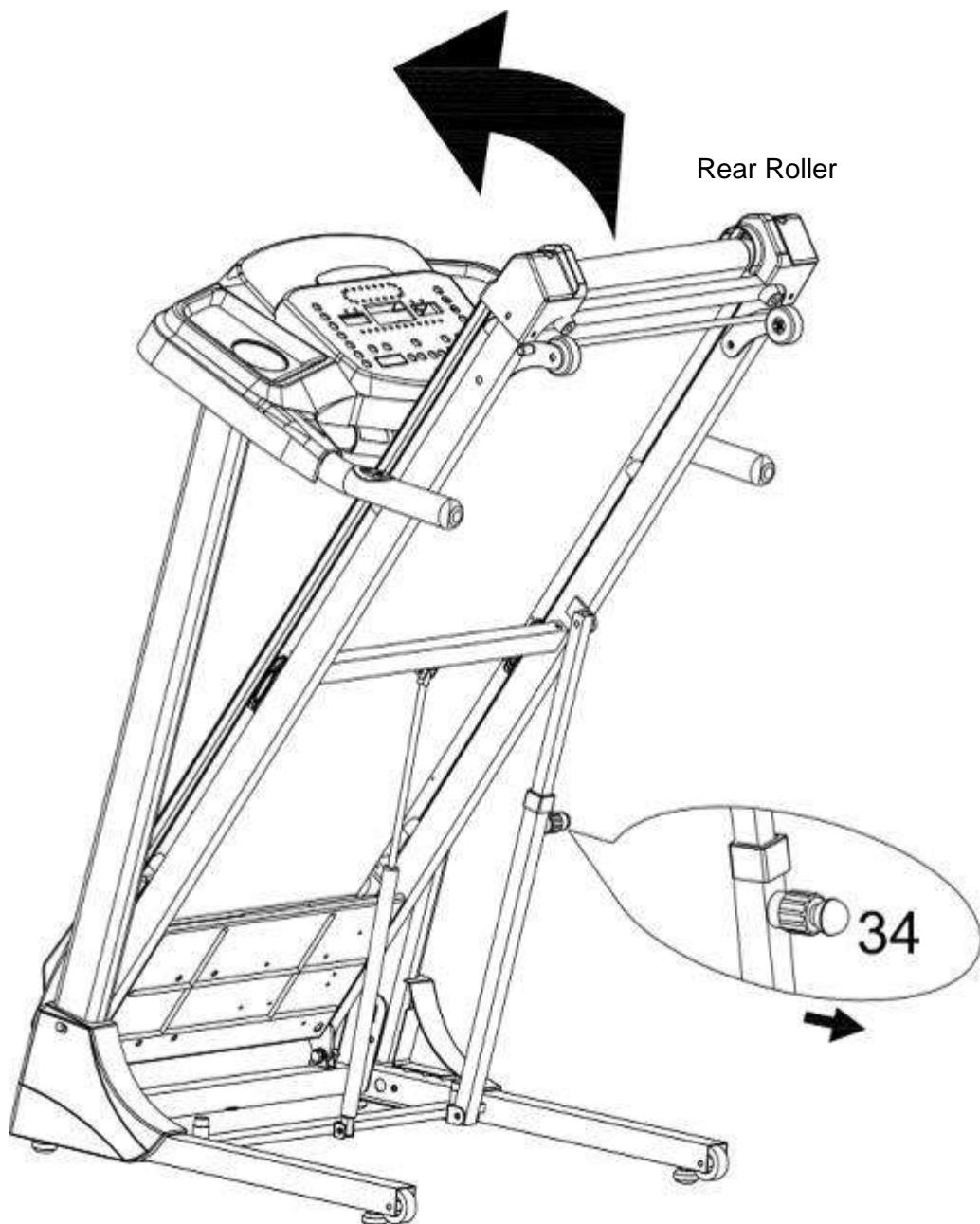


Step 3

- a. Attach the Right Plastic Cover (21) to the Bottom of the main frame, secure with 12mm Philips Screw (45), 12mm Philips Screw (48) and 1mm Washer (96).
- b. Repeat above step to attach the Left Plastic Cover (20)
Note: Lifting the running deck before attaching the two sides plastic cover. See next page.

Assembly Instructions

Folding the treadmill

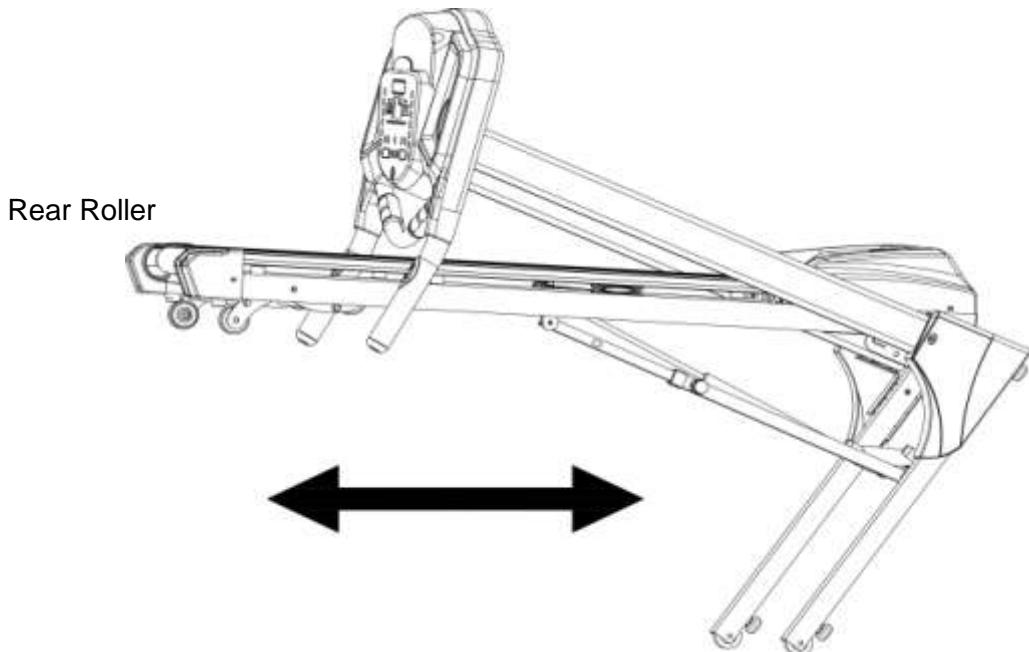
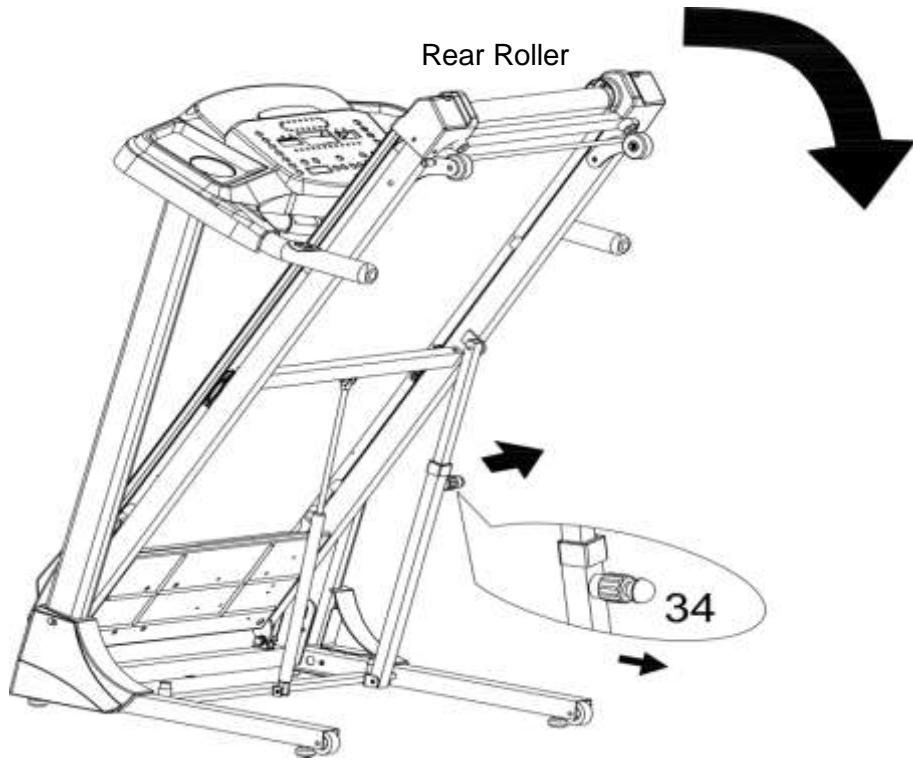


Hold the Rear Roller to lift the running deck, make sure you hear the sound of the deck locking into position.

Warning: Please make sure you turn the appliance off and pull out plug before folding.
Tighten the foldable Lock Knob (34).

Assembly Instructions

Unfolding and moving the Treadmill



1. Hold rear roller with one hand, and pull the foldable lock knob (34) out then slowly lower the running deck down to the floor.

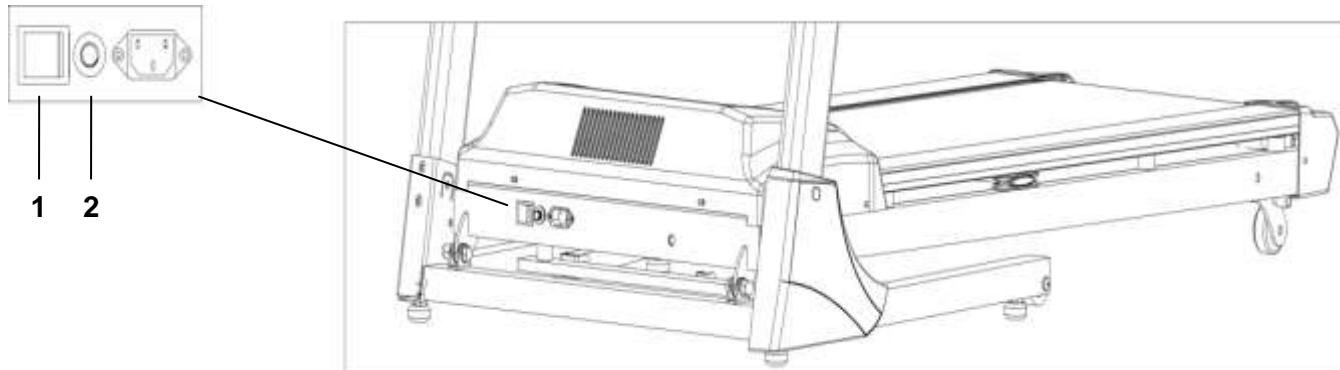
Note: It's recommended that two people fold up the treadmill.

2. Hold the rear roller then pull or push the treadmill to your target position.

Note: Before you move the treadmill, make sure the foldable Foot Lock Switch is locked into position properly to avoid damage or injury.

How to Start

Turning on the Treadmill

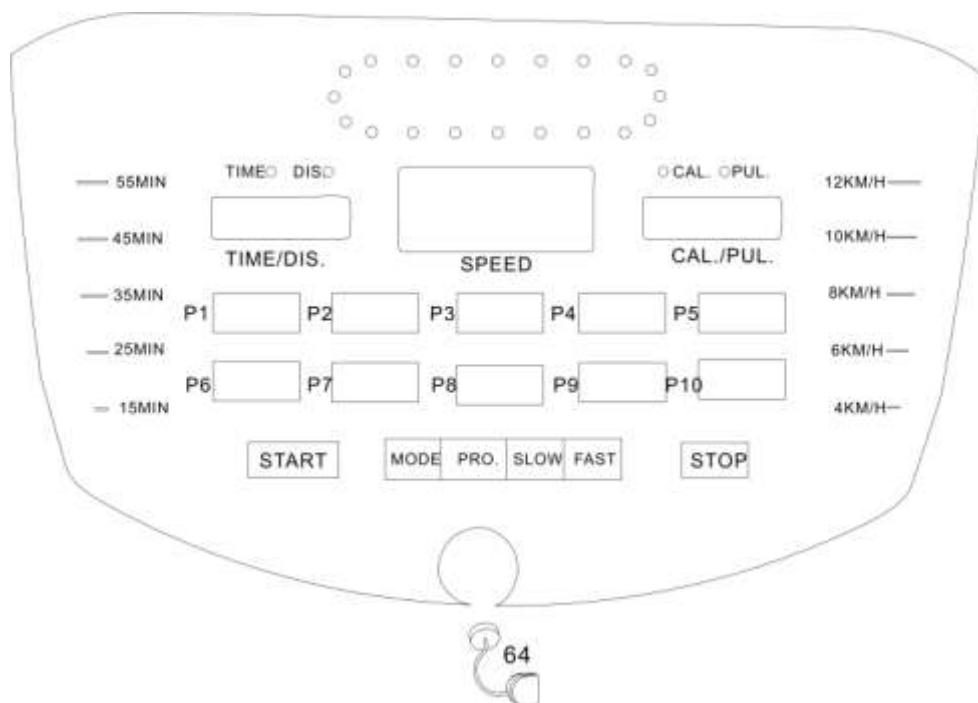


Plug in the mains power and turn on the switch 1.

You will hear a signal tone and the screen of the Computer will light up.

OVER-CURRENT PROTECTOR:

There is an over-current protector located on the right side of the switch (2) (see above picture); in case of a short circuit or over-current, the Button of the over current protector will pop up and the treadmill will power off; please unplug the power source and push down the button, and then turn on the switch to restart your workout. If the button pops up again, please contact Argos.

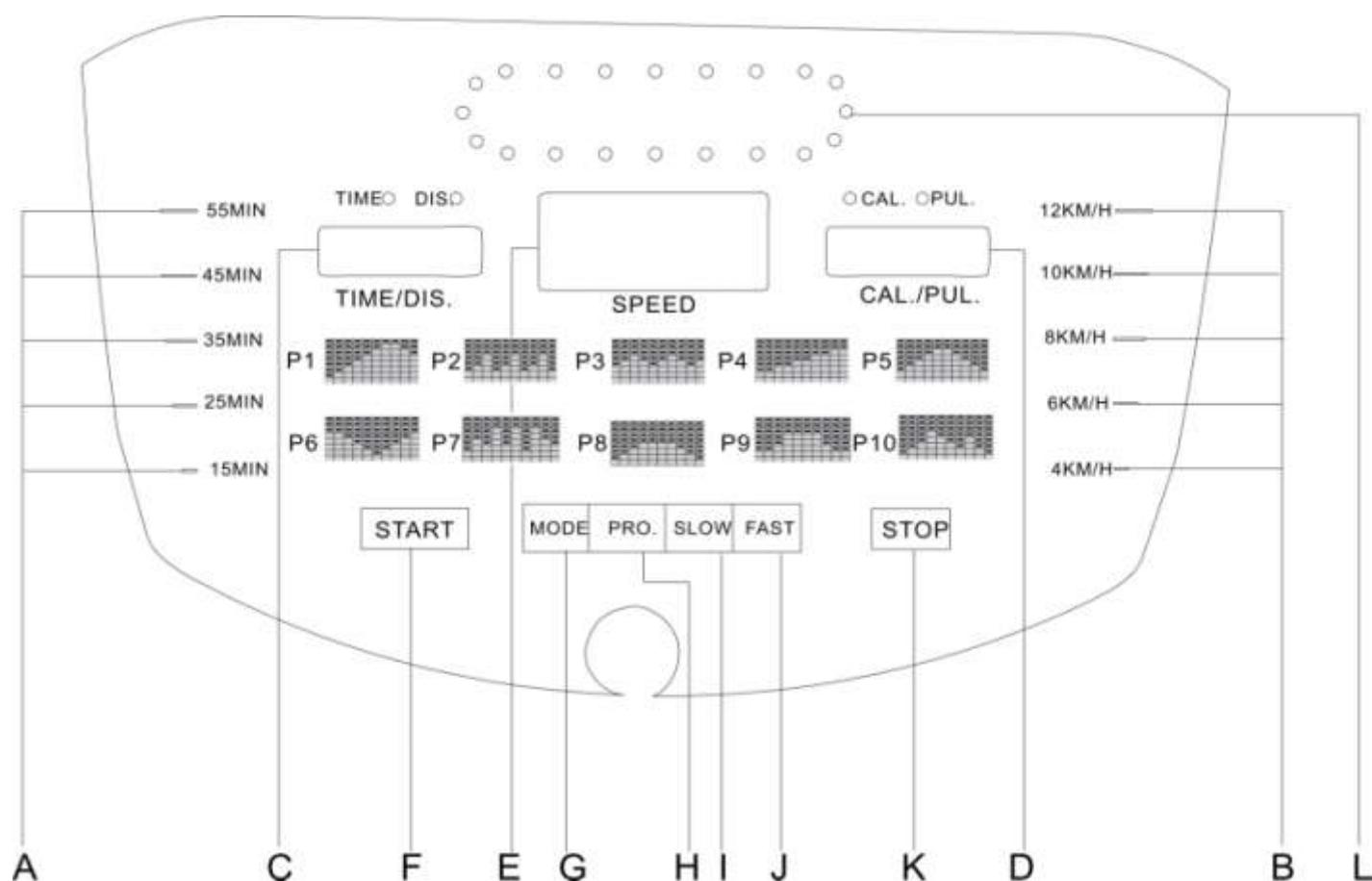


SAFETY KEY:

The treadmill will only work if the safety key (64) is properly locked in the provided notch of the computer. Insert the safety key (64) and attach the clip onto waist part of your clothes. If it is necessary to turn off the motor immediately, just pull the safety key (64) out of the console.

Computer Instruction

Front view of the Computer



- A** Quick Time Select
- B** Quick Speed Select
- C** Time & Distance Display
- D** Calorie & Pulse Display
- E** Speed Display
- F** Start Key
- G** Mode Key
- H** Program
- I** Slow Key
- J** Fast Key
- K** Stop Key
- L** Laps

Computer Operation

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Functions and Operations

TECHNICAL SPECIFICATION

Time-----00:00-99:59 Min
 Speed-----0.8-13.0 km/h
 Distance-----0.00-99.9 km
 Calorie-----0.00—999Kcal
 Incline-----0--6% (Manual)
 Pulse-----60-200 Times/ Min

START/STOP

1. Press start to exercise at initial speed 0.8km/h
2. Press stop during workout, and the treadmill will stop by gradually reducing the speed

QUICK SPEED SELECT

Press to select your desired running speed with 4, 6, 8, 10, 12km/h

QUICK TIME SELECT KEY

Press to select your desired training time with 15, 25, 35, 45, 55Mins.

FAST AND SLOW KEY

1. Press to increase/decrease exercise speed by 0.1km/h
2. Press to select training time under program workout mode.
3. Press to choose the desired training target (Time, Distance, Calorie) under training target control workout mode.

MODE KEY

1. Press to select workout mode
2. Manual – Time Setting Workout Mode – Distance Setting Workout Mode – Burning Calorie Setting Workout Mode.

PROGRAM

Press to select workout mode in order of: Manual – HRC (Pulse control) – FAT (Body Fat Analysis) – Pre set Program Workout Mode (P1 to P10).

Computer Operation

Functions and Operations

IMPORTANT

- The console will turn off automatically about ten minutes after the belt has stopped moving.
- The pulse function is for reference only, and not to be used for medical purpose.

SAFETY KEY

- The safety key must be placed into the magnetic recess on the console in order to operate the treadmill. Always place the safety key on its position and attach the clip to your clothing at your waist before beginning your workout.
- If you should encounter problems and need to stop the motor immediately, simply pull the safety key away from the console; to continue operation, simply turn the power switch to off, set the speed controller to stop and then reinser the safety key into the console.

GENERAL OPERATION

1. Turn on the Power Switch at the front of your Treadmill. This switch is located next to the Mains Power Cord inlet.
2. Place the Safety Key into the magnetic recess on the middle front of the Computer Console.
- The console will give an audible signal and all console window displays with a start display value of 0.

Note: If the Safety Key is not placed correctly or is faulty, the center Time window will display "E00", which indicates that the treadmill will not operate.

If the Safety Key falls off during exercise, the console will give an audible signal and all console window displays will reset to display value "E00" and the treadmill will stop.

To stop the treadmill in an emergency, simply pull the safety key off its mount in the console front or simply press the red STOP button in the center of the console. It is important that you connect the clothing clip to your shirt or other suitable clothing during exercise to ensure that this safety system can operate easily.

To get a pre-exercise pulse rate, simply hold both Hand Pulse Sensors on either side of the Handlebar Supports for 10 seconds. The Pulse Range is between 60 ~ 200 Beats per Minute.

Note: The readings displayed by the computer should not be used for therapeutic purposes as they can vary due to the sensitivity of the equipment and the available pulse signal put out by individuals' palms. To get the best accurate readings, keep the hands placed flat and firm on the PULSE PADS for 10 to 20 seconds, as this will allow the pulse reading to average and then settle.

Computer Operation

Functions and Operations

● STARTING YOUR TREADMILL

1. Turn on the treadmill, and press “Start” button on the console.
2. Press “Fast” or “Slow” button to adjust speed or press handle “Speed + or Speed -” button to adjust speed. Press the key once, and the speed changes 0.1Km/H.
3. Also the user can press the “Quick Speed Select” button to select desired running speed .

● STOPPING YOUR TREADMILL

1. Press the “Slow” button on the console, adjust or press handle “Speed -” to reduce the speed to lower, then press the “Stop” key on the Console, and the treadmill will stop; turn off the switch if you attend to finish workout.
2. Pull away the Safe Key and the treadmill will stop itself, and then all of the Led windows will display “E00”.

● TRAINING TIME CONTROL MODE

1. Turn on the treadmill, press “Mode” key, the “Speed “ Window display “H--1” and the “Time” window flashes and displays “15:00”, which is the treadmill pre setting training time. Press “Fast” and “Slow” key or press “Speed+” and “Speed-” key to select your desired training time, (the range is 5:00—99:00).
2. Press “Start” key to start your workout, the time data will reduce gradually during your training and the treadmill will stop automatically when the “Time” window displays “0:00”.

● TRAINING DISTANCE CONTROL WORKOUT MODEL

1. Turn on the treadmill and press the “Mode” key until “Speed” window display “H—2” and the “Dis” window flashes and displays “1.50”, which is the pre setting training distance of the treadmill.
2. Press “Fast” and “Slow” key or press “Speed+” and “Speed-” key on the right handle grip to select your desired training distance (the range is 0:50—99:90).
3. Press “Start” key to start your workout, the Distance display data will reduce gradually during your training and the treadmill will stop automatically when the “Dist” window displays “0:00”.

● BURNING CALORIE CONTROL WORKOUT MODEL

1. Turn on the treadmill and press the “Mode” key until the “Speed” window display “H--3”, and the “Cal” window is flashing and display “5.0” -- which is the treadmill preset burning calories . Press “Fast” and “Slow” key or press “Speed+” and “Speed-” key on the right handle grip to select target burning calories (the setting range is 5.0---999.0).
2. Press “Start” button to start your workout, the calories data reduce gradually during your training, and the treadmill will stop automatically when the “Cal” window display “0:00”.

● RUNNING SPEED ADJUSTMNET

1. During any part of the training target setting workout Mode, press “Fast” or “Slow” key or press the “Speed+” or “Speed-” key on the Right Handle Grip to adjust your training speed.
2. User can also press “Quick Speed Select” key to choose the desired speed.

Computer Operation

● Re-Program Workout Mode

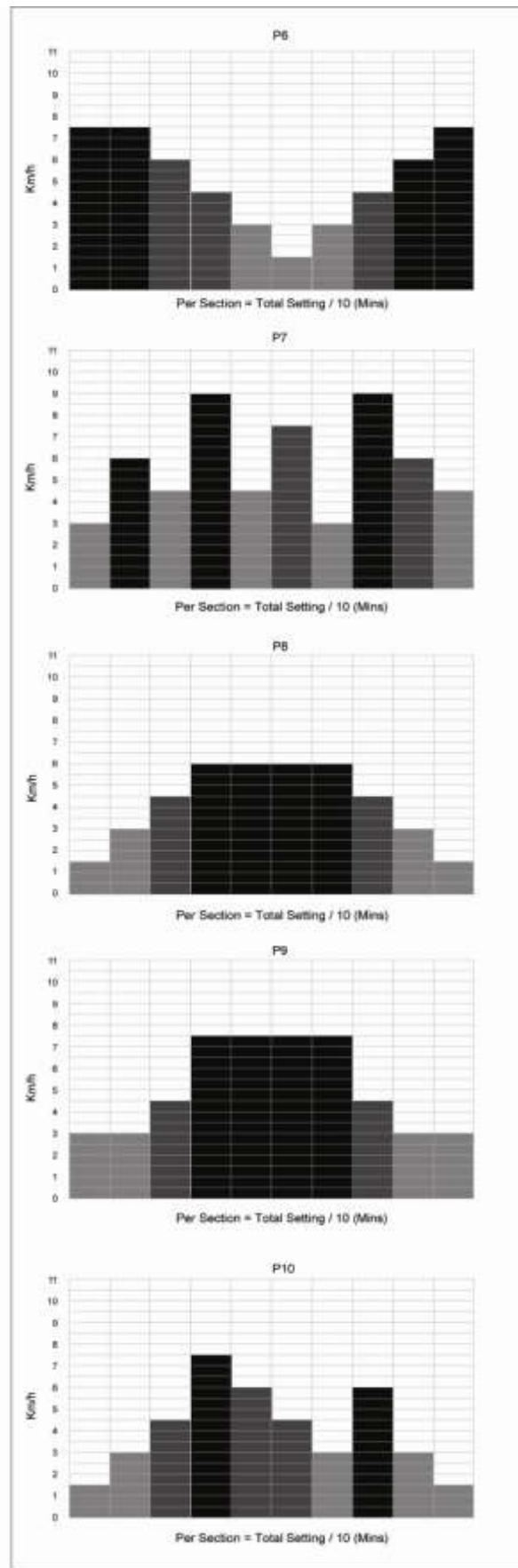
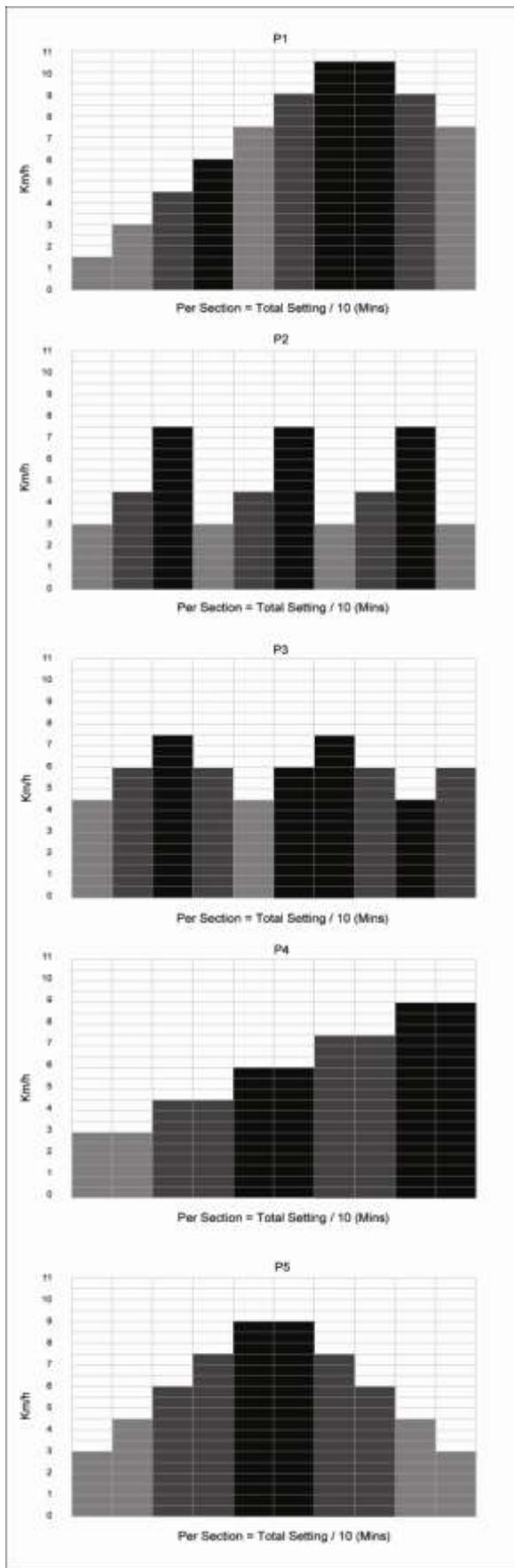
For this workout mode, user has a choice of Program P01 – Program P10 to meet different body level user's training requirements.

1. Starting the treadmill or when the treadmill is on standby, Press the "Pro" key until the "Speed" displayed "P01" –P10, and "Time" window will display "30:00" – Which is the treadmill presetting training time for each program.
2. Press " Program" key to select your desired program, the current pre setting training time is "30:00" minutes ,user can press "Fast" or "Speed- "key on Right Handle Grip to adjust the training time. (The range is 5:00—99:00).
3. Press "Start" Key and the treadmill will count down three and start operation. The treadmill will starting workout automatically according the program which you have chosen.
4. For all preset values, please refer to page 20 of the program workout diagram.
5. Each of the training program levels has 10 segments, and each segment time is 1/10 of total setting time; during any training segments, user can press "Fast" and "Slow" key to adjust the training speed.

Program	Start Speed
P01	1.5Km/h
P02	3.0Km/h
P03	4.5Km/h
P04	3.0Km/h
P05	3.0Km/h
P06	7.5Km/h
P07	3.0Km/h
P08	1.5Km/h
P09	3.0Km/h
P10	1.5Km/h

Computer Operation

Functions and Operations



Computer Operation

Functions and Operations

PULSE CONTROL WORKOUT MODE

1. Turn on the treadmill or the treadmill on standby, press “Program” key, the “Speed” window is displaying “HRC” and the “Time” window is displaying “30:00” – Which is the pre setting training time for Pulse Control Workout Mode. Press “Fast” or “Slow” key to select your desired training time. (The range is 5:00 – 99:00Mins).
2. Press the “Mode” key, the “Cal” window is displaying “AGE” and the “Speed” window is displaying “30” which is treadmill pre setting user’s age for Pulse Control Workout Mode. Press “Fast” or “Slow” key to select your correct age training time. (The range is 15 – 80years old).
3. Press the “Mode” key again, “Speed” window is displaying your target heart rate, user can press “Fast” or “Slow” Key to select your desired heart rate. (The range is 84 – 195).
4. Press “Start” key to starting your workout, the treadmill will running with the speed 0.8km/h for about 1mins warm up, grasp two handle pulse sensor with your two hands, then the treadmill will running.
5. Automatically according to user’s heart beat rate, every 10 seconds increase 0.5Km/h until reach your setting heart rate, when the treadmill running speed to 10Km/h. When your heart rate is over your setting heart rate, then the treadmill will decrease running speed by 0.5Km/h until our heart rate is lower than your setting heart bête rate.
6. Please note during Pulse Control Workout Mode, the treadmill default Max running speed is 10Km/h, we recommend you to read below target heart rate zone table on page 22 carefully before you starting Pulse Control Workout.

Computer Operation

Functions and Operations

User's Target Heart Rate Table

AGE	Heart Beat (Times/Mins)			AGE	Heart Beat (Times/Mins)			AGE	Heart Beat (Times/Mins)		
	H	Default	L		H	Default	L		H	Default	L
15	195	123	123	37	174	110	110	59	153	97	97
16	194	122	122	38	173	109	109	60	152	96	96
17	193	122	122	39	172	109	109	61	151	95	95
18	192	121	121	40	171	108	108	62	150	95	95
19	191	121	121	41	170	107	107	63	149	94	94
20	190	120	120	42	169	107	107	64	148	94	94
21	189	119	119	43	168	106	106	65	147	93	93
22	188	119	119	44	167	106	106	66	146	92	92
23	187	118	118	45	166	105	105	67	145	92	92
24	186	118	118	46	165	104	104	68	144	91	91
25	185	117	117	47	164	103	103	69	143	91	91
26	184	116	116	48	163	103	103	70	143	90	90
27	183	116	116	49	162	103	103	71	142	90	89
28	182	115	115	50	162	102	102	72	141	90	89
29	181	115	115	51	161	101	101	73	140	90	88
30	181	114	114	52	160	101	101	74	139	90	88
31	180	113	113	53	159	100	100	75	138	90	87
32	179	113	113	54	158	100	100	76	137	90	86
33	178	112	112	55	157	99	99	77	136	90	86
34	177	112	112	56	156	98	98	78	135	90	85
35	176	111	111	57	155	98	98	79	134	90	85
36	175	110	110	58	154	97	97	80	133	90	84

Computer Operation

Functions and Operations

BODY FAT ANALYSIS

1. Turn on the treadmill or the treadmill on standby, press "Program" key until the "Speed" window displays "FAT". Press the "Mode" key, the "Cal" window displays "F - 1" and the "Speed" Window displays "01" Press "Fast" or "Slow" Key the "Speed" Window displays " 1" or " 2 ", Please select your sexual distinction, " 1 " – Male, "2" – Female.
2. Press the "Mode" key again, the "Cal" window displays "F - 2", the "Speed" Window displays "25" – Which is the treadmill pre-setting user's age. Press "Fast" or "Slow" key to select your correct age. (Range is: 10 – 99).
3. Press the "Mode" key again, the "CAL" window displays "F - 3", the "SPEED" Window
4. displays "170" – Which is the treadmill pre-setting user's body height 170cm. Press "SLOW ▲" or "FAST ▼" Key to select your correct body height. (Range is: 100 – 200cm).
5. Press the "Mode" key again, the "CAL" window displays "F - 4", the "SPEED" Window displays "70" – Which is the treadmill pre-setting user's body weight 70kg. Press "SLOW ▲" or "FAST ▼" Key to select your correct body weight. (Range is: 20 – 200kg).
5. Press "Mode" key again, then "CAL" window displays "F - 5". Grasp two handle pulse sensor with your two hands and hold for about 6 seconds, the "Pulse" window will display your desired body fat rate, refer to below table for your body fat date.

Body Fat Scale Parameter Table

Body Fat	≤ 18.5	Under Weight
Body Fat	$= (20-25)$	Ideal Weight
Body Fat	$= (25-29)$	Over Weight
Body Fat	≥ 30	Obesity

Limited Warranty

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UK

This product is warranted to be free from defects in workmanship and material, under normal use and service conditions, for a period (1) one years from the date of purchase. This warranty only applies to the original purchaser, and is limited to replacing or repairing. All repairs for which warranty claims are made must be pre-authorized by the manufacturer. This warranty does not apply to any product or damage to the product caused by or attributed to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an authorized service center, products used for commercial or rental purpose, or products used as store display models. No other warranty beyond that specifically set from above is authorized.

The Manufacturer is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use of the product or damages with respect to any economic, property, revenues or profits, and enjoyment loss or use, costs of removal.

The warranty extended hereunder is in lieu of any and all other warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth within.

This warranty gives your specific legal rights.

HOW TO ORDER REPLACEMENT PARTS

If you encounter any problem with the product, or need to order replacement parts, call UK **Customer Service: 0845 600 0464**. To help us assist you, please be prepared to give us the following information:

The Model Number of the product (3359057).
The name of the product (Gold Treadmill)
The Serial Number/Manufacturing Date of the product/the description of the part(s), this could be found on the base of the unit.

Maintenance

Belt Adjustment

Proper maintenance is very important to ensure a faultless and operational condition of the treadmill. Improper maintenance can cause damage to the treadmill or shorten the life of the product and exceed the **LIMITED WARRANTY** coverage.

- **Important:** Never use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.
- All parts of the treadmill must be checked and tightened regularly. Worn out parts must be replaced immediately.

BELT ADJUSTMENT

You may need to adjust the running belt during the first few weeks of use. All running belts are properly set at the factory. It may stretch off the center after use. Stretching is normal during the break-in period.

ADJUSTING THE BELT TENSION

If the running belt feels as though it is “slipping” or hesitating when you plant your foot during a run, the tension on the running belt may have to be increased.

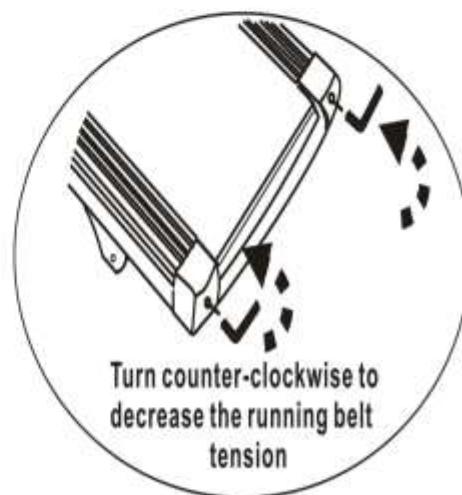
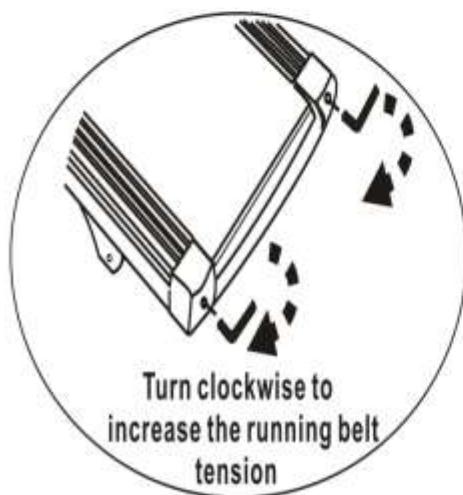
TO INCREASE THE RUNNING BELT TENSION

STEP 1: Place 6mm Allen wrench on the left belt tension bolt. Turn the wrench clockwise 1/4 turn to draw the rear roller and increase the belt tension.

STEP 2: Repeat STEP 1 for the right belt tension bolt. You must be sure to turn both bolts the same number of turns, so the rear roller will stay square relative to the frame.

- Repeat STEP 1 and STEP 2 until the slipping is eliminated.
- Be careful not to tighten the running belt tension too much as you can create excessive pressure on the front and rear roller bearings. An excessively tightened running belt may damage the roller bearings that would result in bearing noise from the front and rear rollers.

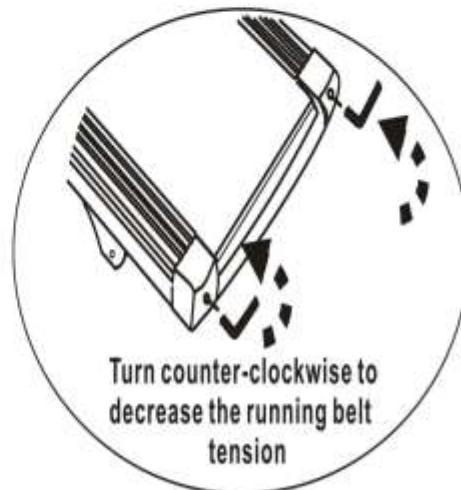
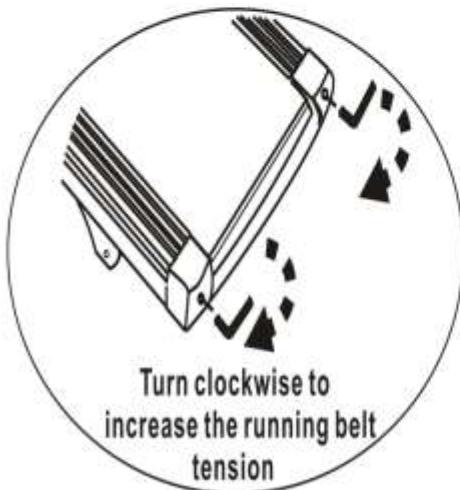
TO DECREASE THE TENSION ON THE RUNNING BELT, TURN BOTH BOLTS COUNTER-CLOCKWISE THE SAME NUMBER OF TRUNS.



Maintenance

ROGERBLACK
FITNESS

Centering the Running Belt



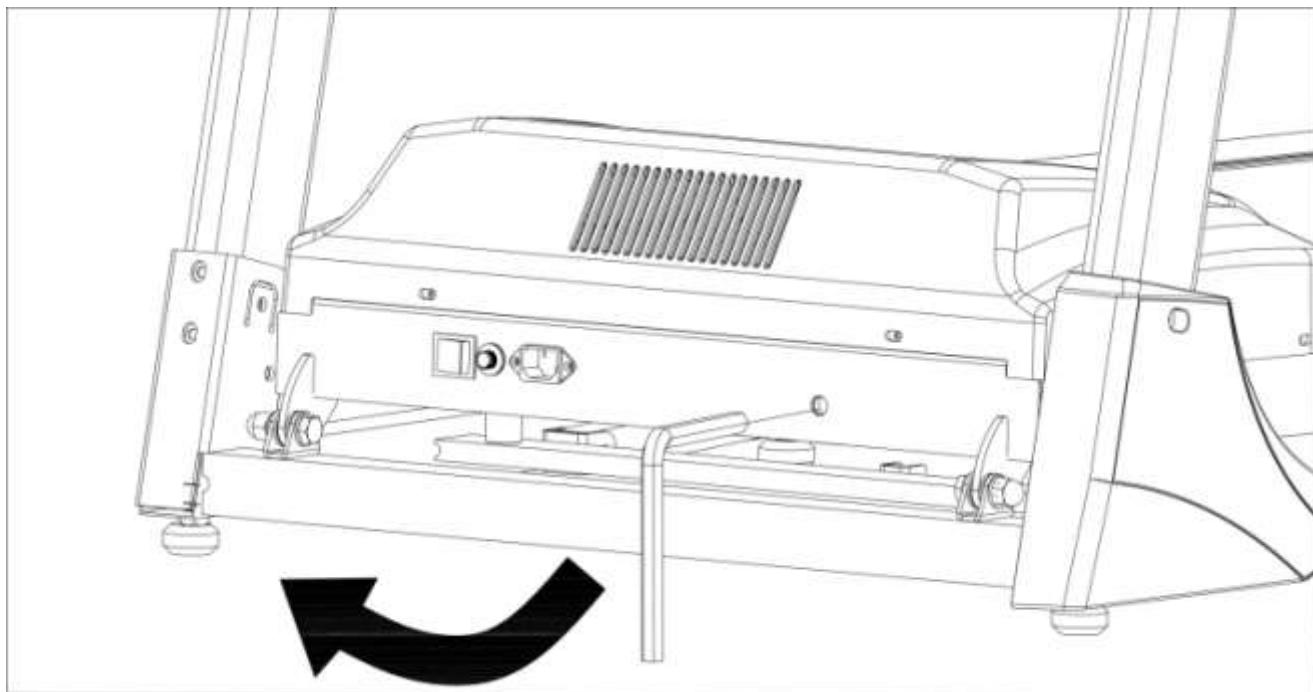
1. CENTRING THE RUNNING BELT

When you run, you may push off harder with one foot than with the other. The severity of the deflection depends on the amount of force that one foot exerts in the relation to the other. This deflection can cause the belt to move off-center. This deflection is normal and the running belt will center when nobody is on the running belt. If the running belt remains consistently off-center, you will need to center the running belt manually.

2. Start the treadmill without anyone on the running belt, press "Speed+" button until speed reaches 6Km/h.
3. Observe whether the running belt is toward the right or left side of the deck.
 - a) If toward the left side of the deck, using 6mm Allen Wrench, turn the left adjustment bolt clockwise 1/4 turn and let the running belt find its new position; if it's still moving toward left side, turn the bolt further for 1/4 turn.
 - b) If toward the right side of the deck, using 6mm Allen Wrench, turn the right adjustment bolt clockwise 1/4 turn and let the running belt find its new position; if it's still moving toward right side, turn the bolt further for 1/4 turn.
 - c) If the belt is still not center, repeat the above steps until the running belt is centred.
4. After the belt is centred, increase the speed to 12km/h and verify that it is running smoothly. Repeat the above steps if it is necessary. If the above procedure is unsuccessful in resolving the off-center, you may need to increase the belt tension.

Maintenance

Motor Belt Tension Adjustment



During your workout, if you find the running belt is not running smoothly, that means the motor belt is loosing, please follow the below steps to adjust the motor belt tension:

1. Turn the motor belt adjustment bolt using an 8mm Allen wrench 1/4 turn in clockwise direction.
2. Re-Start the treadmill and run on the treadmill; if the running belt is still not working properly, repeat above step.
3. Please do not make the motor belt too tight; if the belt is over tightened, it will cause the treadmill over loading and reduce the motor life.

Maintenance

Deck Lubrication

The treadmill is pre-lubricated. However, it is recommended to check the lubrication of the treadmill regularly, to ensure an optimal operation of the treadmill.

After every 2 months of operation, lift the sides of the treadmill and feel the surface of the belt, as far as possible. If traces of silicon spray are found, lubrication is not necessary. In case of a dry surface, refer to the instructions below.

Only use 100% silicon oil to lubricate your treadmill deck.

To apply lubricant on the belt

- Position the belt so that the seam is located in the middle of the plate.
- Insert the spray valve in the spray head of the lubricant container.
- Lift the belt at one side and hold the spray valve at a distance of approximately 15cm to the front end of belt and plate. Then to spray from front to the end. Repeat this process on the other side of the belt. Spray each side for about 4 seconds.
- Wait 1 minute to let the silicon spray spread, before starting the machine.

CLEANING

Regular cleaning of the belt ensures a long product life.

- **Warning:** The treadmill must be turned off to avoid electric shocks. The power cord must be pulled out of the socket, before starting the cleaning or maintenance.
- **Caution:** Do not use any abrasives or solvents. To avoid damage to the computer, keep any liquids away. Do not expose the computer to direct sunlight.
- **After each training:** Wipe the console and other surfaces with a clean soft and damp cloth to remove sweat residues.
- **Weekly:** To make cleaning easier, it is recommended to use a mat under the treadmill. Shoes can leave dirt on the belt that can fall beneath the treadmill. Clean the mat under the treadmill once a week.

STORAGE

Store your treadmill in a clean and dry environment. Ensure the master power switch is off and is un-plugged from the electrical wall outlet.

Maintenance

Troubleshooting

Symptom	Cause And Check	Solution
E00	Safety Key not on the position	Re-location the safety key on correct position
E01	Controller communication error	A: Check the Main Controller Wire B: Replace the controller
E02	Motor communication error	A: Check the wire from motor to controller B: Replace the controller
E03	No speed signal	A: Check speed signal wire if connected properly B: Replace the speed signal wire C: Replace the controller
E05	Over current protector	A: Over loading or over resistance B: Replace controller
E09	Treadmill is folded	Unfold the treadmill, then press start key.

Exercising Information

Before starting to exercise

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time on the equipment; a few minutes per workout.

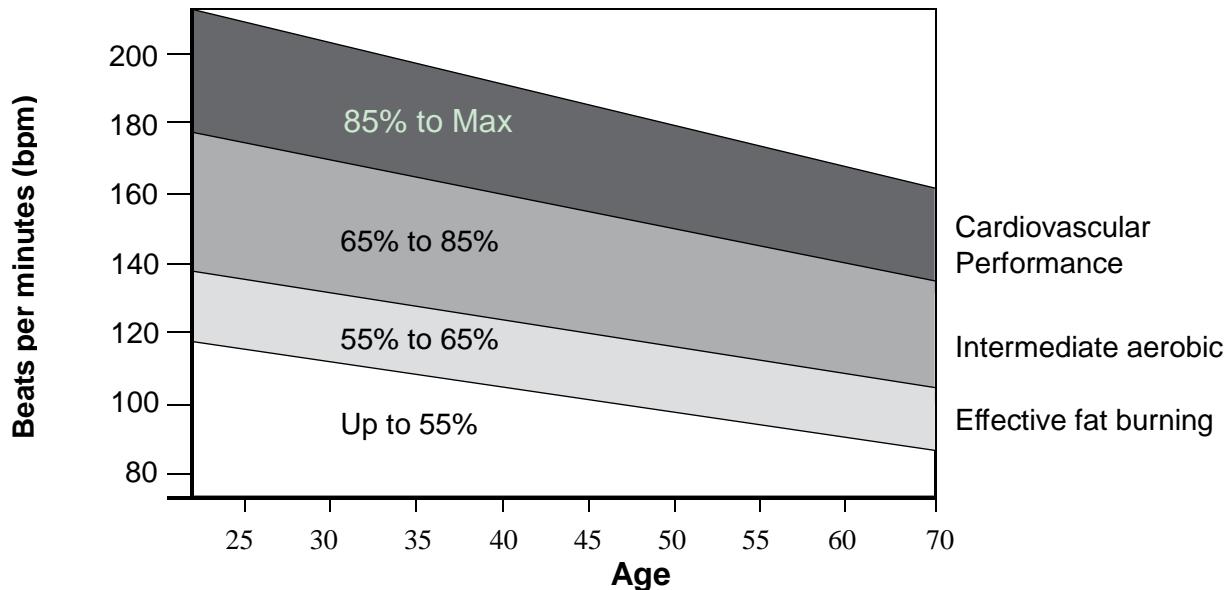
Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. The better your aerobic fitness, the harder you will have to work to stay in your target zone.

Please remember these essentials:

- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Monitor your pulse frequently. Establish your target heart rate based on your age and condition.
- Set up your equipment on a flat even surface at least 3 feet from walls and furniture.

Exercise intensity

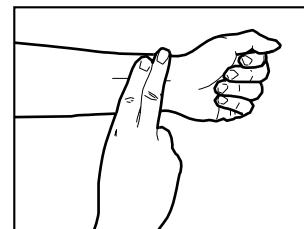
To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 65% and 85% of your maximum heart rate as you exercise. This is known as your target zone. You can find your target zone in the table below.



During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

To measure your heart rate, stop exercising but continue moving your legs or walking around and place two fingers on your wrist. Take a six-second heartbeat count and multiply the results by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute.

(A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.



Exercising Information

Muscle Chart

Aerobic Exercise

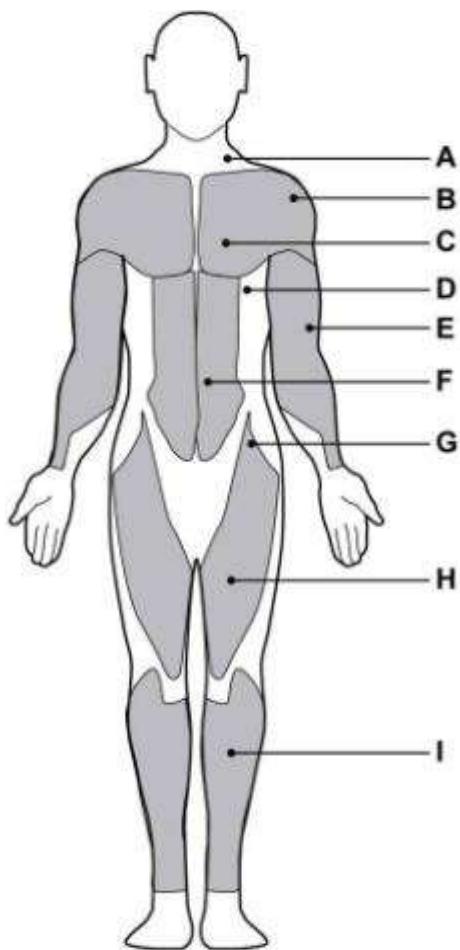
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscles (arms, legs, or buttock, for example). Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

Weight Training

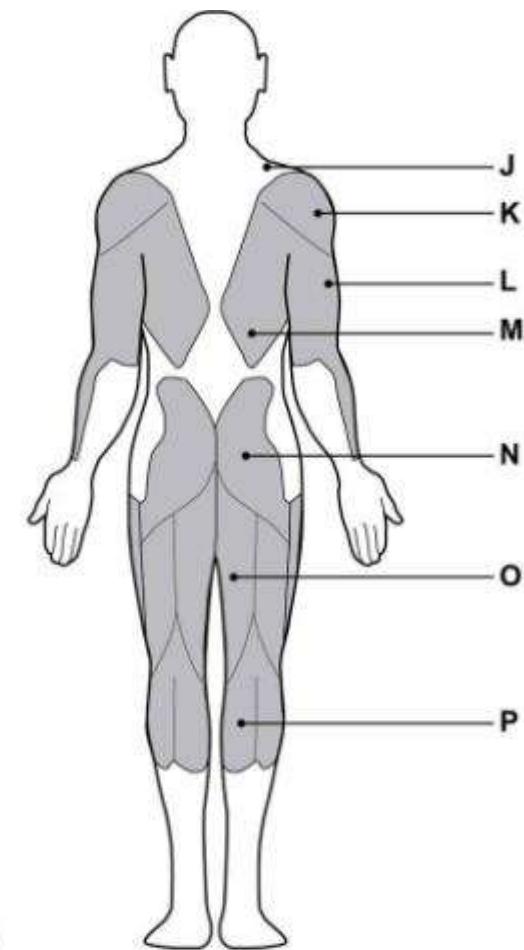
Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of the exercise routine process. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a lesser amount of reps. As always, consult your doctor before beginning any exercise program.

Targeted Muscle Groups

The exercise routine that is performed on the Treadmill will develop the upper and lower body muscle groups. These muscle groups are highlighted on the muscle chart below.



Front



Back

A: Trapezius

B: Anterior

C: Pectoralis Major

D: Serratus Anterior

E: Biceps

F: Abdominal

G: Sartorius

H: Quadriceps

I: Tibialis

J: Trapezius

K: Posterior

L: Triceps

M: Latissimus Dorsi

N: Gluteals

O: Hamstrings

P: Gastrocnemius

Exercising Information

Warming up and Cooling down exercises

Each workout should include the following three parts:

1. A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.
2. Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (**Note:** During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)
3. A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

Exercise Frequency

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

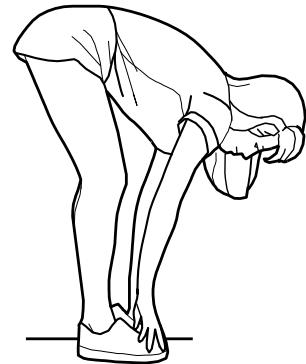
Toe touch stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible.

Hold for 15 counts, then relax

Repeat 3 times.

Stretches: Hamstrings, back of knees and back.



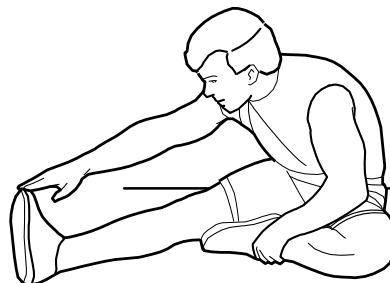
Hamstring stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible.

Hold for 15 counts, then relax

Repeat 3 times for each leg.

Stretches: Hamstrings, lower back and groin.



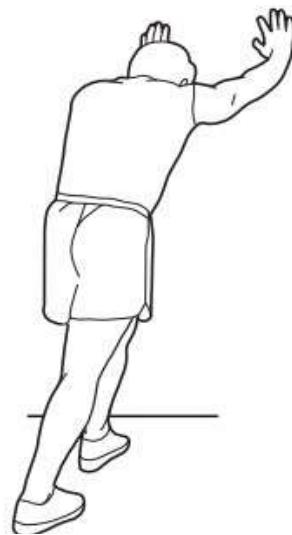
Exercising Information

Calf/achilles stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall.

Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well.

Stretches: Calves, achilles tendons and ankles.

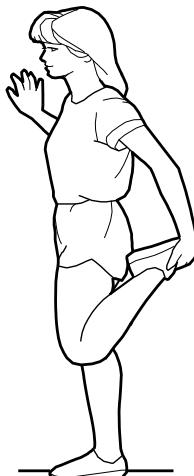


Quadriceps stretch

With one hand against the wall for balance, reach back and grasp one foot with your other hand. Keeping your bent knee pointing directly downward towards the floor, gentle pull your heel towards your buttock until you feel a gentle stretch in the target area.

Hold for 15 counts, then relax. Repeat 3 times for each leg.

Stretches: Quadriceps and hip muscles.



Inner thigh stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible.

Hold for 15 counts, relax. Repeat 3 times.

Stretches: Quadriceps and hip muscles.



Care and Maintenance

ROGER **BLACK** 
FITNESS

- 1.** Examine the equipment periodically in order to detect any damage or wear which may have been produced.
- 2.** Lubricate moving parts with light oil periodically to prevent premature wear.
- 3.** Inspect and tighten all parts before using the equipment, replace any defective parts immediately, and do not use the

equipment again until it is in perfect working order.

- 4.** The equipment can be cleaned using a damp cloth and mild non-abrasive detergent.

Do not use solvents.

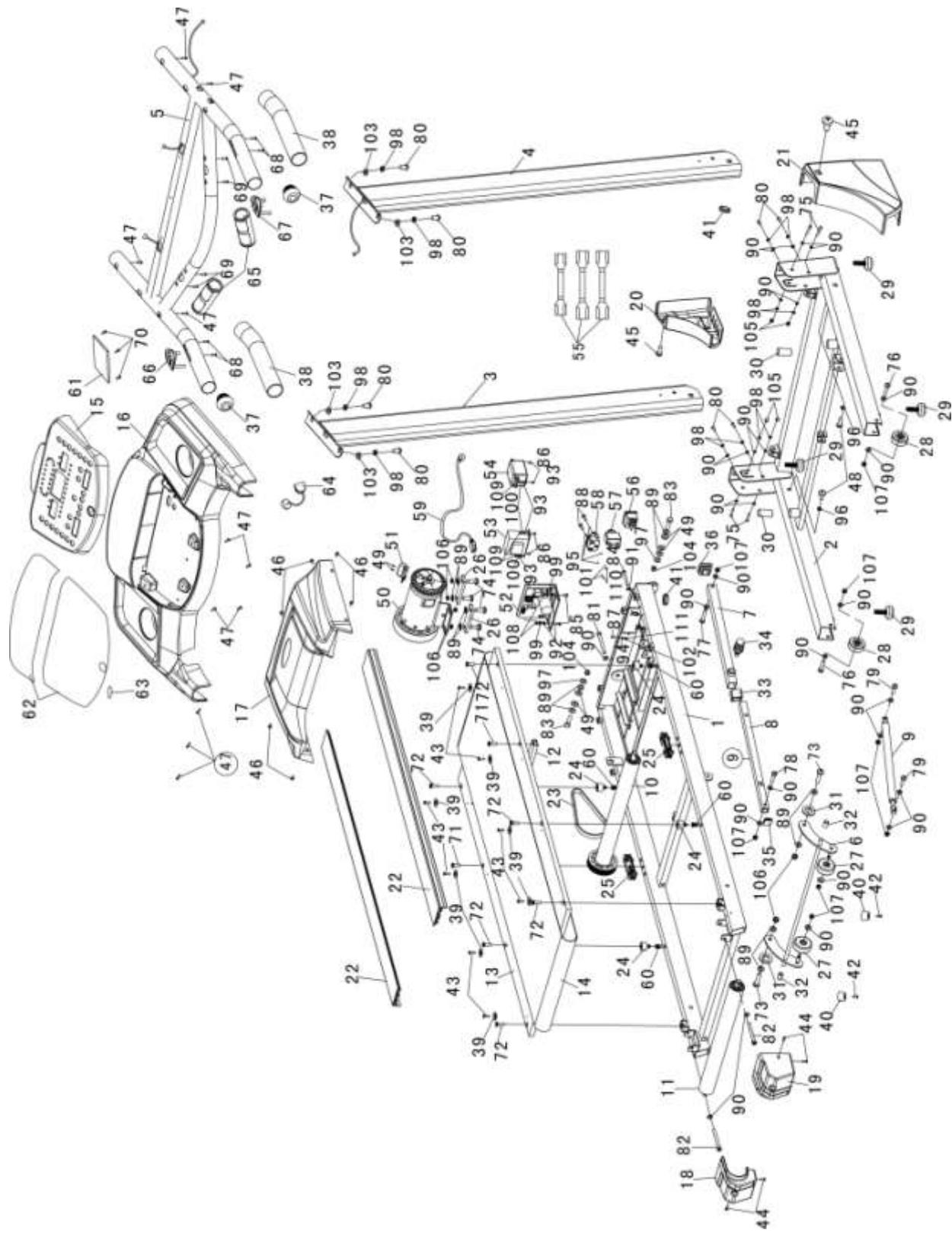
- 5. Do not** attempt to repair this equipment yourself. Should you have any difficulty with assembly, operation or use of your exercise product or if you

think that you may have parts missing, contact the manufacturer, their approved service agent or the **Customer Helpline: 0845 6000 464.**

Guarantee:

For guarantee purposes, please retain your purchase receipt.

Exploded Parts Diagram



Exploded Parts List

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Part	Description	Qty	Part	Description	Qty
1	Main Body	1	57	Over current Protector	1
2	Base Support Frame	1	58	Power Outlet	1
3	Left Console Mast	1	59	Power Cord	1
4	Right Console Mast	1	60	M8 Rivet Nut	4
5	Console Support Frame	1	61	Console PC Board	1
6	Manual Incline Frame	1	62	Console Sticker	1
7	Outer Foldable Tube	1	63	Yellow Sticker	1
8	Inner Foldable Tube	1	64	Safety Key	1
9	Air Spring	1	65	Handle Pulse Sensor	2
10	Front Roller	1	66	Handle Start & Off Key	1
11	Rear Roller	1	67	Handle Speed Adjust Key	1
12	Running Deck Support Tube	1	68	ST4.2*25MM Philip Screw	4
13	Running Deck	1	69	ST2.9*20MM Philip Screw	4
14	Running Belt	1	70	ST2.9*8 MM Philip Screw	20
15	Console Upper Housing	1	71	M8x25MM Flat Philips Bolt	2
16	Console Bottom Housing	1	72	M8x22MM Flat Philips Bolt	6
17	Motor Cover	1	73	M10x45MM Allen Bolt	2
18	Left End Cap	1	74	M10x25MM Allen Bolt	4
19	Right End Cap	1	75	M8x60MM Allen Bolt	4
20	Left plastic Cover	1	76	M8x50MM Allen Bolt	2
21	Right plastic Cover	1	77	M8x45MM Allen Bolt	1
22	Side Rail	2	78	M8x35MM Allen Bolt	1
23	Motor's Belt	1	79	M8x30MM Allen Bolt	2
24	Rubber Cushion	4	80	M8x16MM Allen Bolt	8
25	Elliptical Rubber Cushion	2	81	M8x90MM Dome Head Allen Bolt	1
26	Motor Cushion	2	82	M8x75MM Dome Head Allen Bolt	2
27	Ø55MM Wheel	2	83	M10x35MM Hex Bolt	2
28	Ø50MM Wheel	2	84	M6x55MM Hex Bolt	1

Exploded Parts List

Part Description	Qty	Part Description	Qty
29 Level Foot	4	85 M5x15MM Dome Head Philips Bolt	2
30 Rubber Bumper	2	86 M4x10MM Dome Head Philips Bolt	4
31 Φ 25mm Nylon Washer	2	87 M4x10MM Stainless Dome Head Philips Bolt	1
32 \varnothing 10X20MM End Cap	2	88 M3x12MM Dome Head Philips Bolt	2
33 Foldable Tube Sleeve	1	89 Φ 10MM Washer	12
34 Foldable Lock Knob	1	90 Φ 8MM Washer	29
35 \square 20MM End Cap	1	91 Φ 6MM Washer	1
36 \square 25MM End Cap	1	92 Φ 5MM Washer	2
37 \varnothing 38MM End Cap	2	93 Φ 4MM Washer	4
38 \varnothing 38MM Handle Grip	2	94 Φ 4MM Stainless Washer	1
39 Side Rail Holder	8	95 Φ 3MM Washer	2
40 Rubber Foot	2	96 Φ 15x Φ 5.3x1MM Washer	2
41 Φ 19.5MM Wire Ring	2	97 Φ 10MM Spring Washer	2
42 ST4.8x20 MM Philips Screw W/Washer	2	98 Φ 8MM Spring Washer	12
43 ST4.8x18 MM Philips Screw W/Washer	8	99 Φ 5MM Spring Washer	2
44 ST4.8x15 MM Philips Screw W/Washer	4	100 Φ 4MM Spring Washer	4
45 ST4.8x12MM Philips Screw W/Washer	10	101 Φ 3MM Spring Washer	2
46 ST4.2x15MM Philips Screw W/Washer	11	102 Φ 4MM Stainless Spring Washer	1
47 ST4.2x12 MM Philips Screw W/Washer	2	103 Φ 8xR16MM Arc Washer	4
48 ST2.9x6 MM Philips Screw W/Washer	2	104 M10 Cap Nut	2
49 Bushing	4	105 M8 Cap Nut	4
50 Motor	1	106 M10 Aircraft Nut	6
51 Speed Sensor	1	107 M8 Aircraft Nut	8
52 Controller	1	108 M5 Nut	2
53 Inductor	1	109 M4 Nut	4
54 Filter	1	110 M3 Nut	302
55 Short Power Cord	1	111 M4 Stainless Nut	1
56 Switch	1		

Guarantee



Product Guarantee

This product is guaranteed against manufacturing defects from a period of



Year

This product is guaranteed for twelve months from the date of original purchase. Any defect that arises due to faulty materials or workmanship will either be replaced, refunded or repaired free of charge where possible during this period by the dealer from whom you purchased the unit.

The guarantee is subject to the following provisions:

- The guarantee does not cover accidental damage, misuse, cabinet parts, knobs or consumable items.
- The product must be correctly installed and operated in accordance with the instructions contained in this manual.
- It must be used solely for domestic purpose.
- The guarantee will be rendered invalid if the product is re-sold or has been damaged by inexpert repair.
- Specifications are subject to change without notice.
- The manufacturer disclaims any liability for the incidental or consequential damages.
- The guarantee is in addition to, and does not diminish your statutory or legal rights.
- In the event of a problem with the product within the guarantee period call **Customer Helpline: 0845 600 0464**

Guarantor: Argos Ltd
489 – 499 Avebury Boulevard
Central Milton Keynes
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